

All full time and part time employees & contractors are eligible for membership.

- Employee Cost: \$20.00/month, payroll deducted.
- Contractor Cost: \$30.00/month, by cash or check.

Joining is easy!

Complete a member application and basic health screening, and you'll be able to start today!

Programs and Services

- Group Classes
- Strength Equipment
- Cardio Machines
- Exercise Instruction
- Cholesterol/Glucose Screening (\$10.00/screening)
- Fitness Day of the Week
- Maintain Don't Gain

Please refer to the Fitness Center Web Page for detailed information:

<http://www.ric841.chevron.net/hq/Default.asp>

Fitness Staff

Allison Beane: 510-242-2749
Fitness Center Coordinator

Shirley Moore: 510-242-1118
Exercise Specialist

Deborah Benzuly: 510-242-1118
Exercise Specialist

Chevron Richmond Refinery Fitness Center

"Your Health is Your Wealth"



510-242-1118

Fitness Center Hours:

Monday-Thursday 4:30 am-7:30 pm
Friday 4:30 am-6:30 pm
Saturday and Sunday Closed